

Health & Wellness Committee Meeting
October 16, 2024
3:15 p.m. via Google Meet

Attendees: Jen Stevens, Wendy Helminiak, Michelle Jensen, Adam Dunnington, Daniel Aumann, Stephanie Nanstad, Aime Hruby, Melinda Kamrath, Hunter Jensen, Shannon McDonough

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Sources of Strength
- b. ES-student groups beginning, anxiety group, SIBSHOPS, flexible thinking

2. Nutrition Services Report

- a. New menu software coming soon

3. School Nurse and Physician Report

- a. Working on 40th day immunization report
- b. Staff wellness/health challenge? Interest/ideas?
 - i. Create a list of ideas to select from, self-report?
 - ii. After the holiday-January start
- c. MS/HS staff training for first aid on Sept. 25-basic first aid, chest compressions, emergency meds in building
- d. Lots of coughs, pertussis

4. Athletics/Fitness Center Report

- a. Cable machine is broken, Matt is aware, some kids cleaning a few days a week
- b. Student hours going

5. Activities Report

- a. Walking School Bus-three weeks, small group walked, HS helpers, Sandy and Rich Fischer
- b. Walk the Track-had 80 participants, MS boys helped facilitate the event with Shannon M.
- c. Laps for Learning-took place Oct. 11, five laps - one mile, walked with their buddies, held at ES soccer field, will use funds for playground benches
- d. True ID pizza party-held on Oct. 12, about 80 kids attended, event was free for HS

6. HR/Employee Wellness Report

- a. Shared employee health & wellness resources via email today including EAP, Crisis Text Line, Dean Health Plan 24 Hour Nurse Line, and Dean Healthy Living resources
- b. Will be requesting soon the data report from the onsite health assessment for review
- c. Flu shots and COVID shots offered on Sept 25

7. Looking Ahead

8. Other